

## 5 A Day Recipes

### Salads

#### Spinach Salad with Nectarines & Raspberries

##### Serves 4

This vitamin rich salad highlights two favorite summer fruits, and the orange juice dressing is a delicious, healthy twist.

##### Orange Juice Dressing:

- 1 tablespoon olive oil
- $\frac{1}{4}$  cup raspberry vinegar
- $\frac{1}{2}$  tablespoon lemon juice
- $\frac{1}{2}$  cup orange juice
- Salt and black pepper, to taste

##### Salad

- 4 cups fresh spinach, washed, with stems removed
- 5 nectarines, pitted and sliced
- $\frac{1}{4}$  red onion, sliced
- 1 pint raspberries

In a small bowl, whisk together all ingredients for the dressing. Divide the spinach among 4 salad plates, and lay nectarine slices, red onion slices, and raspberries on top. Drizzle dressing over salads, and serve.

##### Nutritional Analysis

Calories: 175  
Fat: 5 g  
Cholesterol: 0 mg  
Fiber: 9 g  
Sodium: 46 mg

This is an official 5 A Day recipe, providing each person served with more than three servings of fruits and vegetables.